

## GUINNESS BRAISED SHORT RIBS

### INGREDIENTS

4 lbs Boneless Short Ribs  
3 Tablespoons Extra Virgin Olive Oil  
1 Large Yellow Onion, diced  
3 Cloves Garlic, minced  
2 Carrots, diced  
2 Celery Stalks, diced  
2 cans Guinness  
2 Cups Low Sodium Beef Stock  
bouquet garni of fresh thyme, oregano and a bay leaf  
Salt and pepper to taste  
1 tablespoon corn starch mixed with 2 tablespoons cold water

### DIRECTIONS

Preheat oven to 340F.

Pat dry your short ribs and sprinkle with salt and pepper. Over medium heat, using a large heavy-bottomed Dutch oven, heat olive oil until smoking. Pan sear short ribs until nice and brown on both sides, about 4-5 minutes per side.

Remove meat from pan and set aside. In the same pan, sauté onions until lightly browned. Add garlic and sauté until just fragrant, about 30 second. Add carrots and celery and let cook for further 5 minutes. Add 1 cup of beef stock and scrape bottom of pan to remove any more browned bits. Add back in the meat followed by the remaining stock and can of Guinness. Season with salt and pepper and toss in your bouquet garni.

Bring stew to a simmer for a few minutes before covering and placing into the oven. Braise for 1 and a half to 2 hours, checking every now and again on the tenderness of the meat.

Once the meat is tender, remove short ribs from pan and let rest in a shallow serving bowl, tented with aluminum foil. Pour braising liquid through a cheesecloth into a fat separator. Let sit for a few minutes so the fat rises to the top, before returning the liquid to the pot. Bring to a very gentle simmer before adding your corn starch slurry. Let come to a full boil to thicken. Pour sauce over rested short ribs.

Serve with bacony cabbage and roasted baby potatoes (no recipes).